

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:20–09:05		Tagup with EVA specialist
09:05–09:20	FE-2	Increment 4 payload status check
09:05–10:35	CDR	Physical exercise (TVIS+IREDD day 1)
10:00–11:00	FE-2	Physical exercise (TVIS)
11:00–11:15	CDR	Regeneration of ? 2 absorption cartridge in ? ? ? (end)s
11:00–12:30	FE-2	Physical exercise (RED)
11:50–12:30	CDR	Maintenance of ? ? ?
12:30–13:30		LUNCH
15:00–16:00	FE-1	Physical exercise (TVIS)
15:30–16:30	CDR	Physical exercise (cycle-1)
16:00–17:30	FE-1	Physical exercise (RED)
18:00–18:30		Daily plan review
18:30–18:45		Daily planning conference
19:00–19:30		Work prep
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

- Notes: 1. CDR: restart Laptops 1, 2, 3 and Wiener Power every morning before work
 2. See OSTP for references to US activities

End of radiogram